

## **Vietnamese Red and Green Cabbage Salad**

*Serves 8.* This recipe provides each person with nearly two “5 A Day” servings

This crunchy, colorful salad will go well with holiday turkey or with an assortment of festive Asian dishes, and is completely fat-free due to its juice- and vinegar-based dressing. Because it uses cabbage, it will stand up to being on a holiday buffet longer than a lettuce salad would. To save time, buy the cabbage and carrots pre-cut.

<i>Salad:</i>	½	small head of green cabbage, chopped (about 5 cups)
	2	cups purple cabbage, chopped
	1 cup	carrots, shredded
	1	large cucumber, seeded and diced
	½ cup	bean sprouts
	½ cup	fresh mint leaves, chopped
	½ cup	fresh cilantro, chopped

<i>Dressing:</i>	¼ cup	fresh lime juice
	3 Tbsp.	sugar
	¼ cup	water
	2 Tbsp.	white vinegar or rice wine vinegar

Whisk together the dressing ingredients and set aside. Toss the salad ingredients together and gently stir in the dressing. Serve.

### **Nutritional Analysis Per Serving:**

- 57 calories, 13 grams carbohydrate, 1 gram protein, 0 grams fat, 0 grams saturated fat, 0 milligrams cholesterol, 21 milligrams sodium, 2 grams fiber
- 4% calories from fat
- 1 ½ “5 A Day” servings per person